

## TITLE

"Learn How Sugar is Contributing to Poor Health and Even Death"

## SUMMARY

The discussion at this conference focused on the need for personal responsibility when it comes to health and wellbeing. This was in reference to the many pressing issues in the world, such as the potential for nuclear energy to cause mass destruction and the dangers of GMOs. Jeffrey Smith was highlighted for his work in educating the public about GMOs. The resolution proposed is that people take personal responsibility for their health, rather than relying on political or corporate solutions. This is the most hopeful time in human history, thanks in part to the Internet, which enables us to connect with people all over the world.

The speaker encouraged the audience to be part of an army of love that will bridge different cultures and ideologies in order to promote a unified world. He believes that technology is helping to make this possible, and that it is a good thing. He implored the audience to share the message of unity with their families, communities, and countries. The speaker wants to put an end to separations, and to work together to make the world a better place. He believes that there is a greater connectivity among all people and that this should be embraced. He believes that everyone should feel supported and that they are never alone.

The speaker in this conversation is encouraging the audience to remember that they have the strength of God inside their heart and soul. They should express this honestly and transparently. The speaker then discusses the highly addictive nature of sugar, which is more addictive than substances like heroin, cocaine, and alcohol. This is a scientific fact, and Princeton University conducted a study in which animals chose to drink sugar over cocaine. Sugar was only available to the elite aristocracy centuries ago and was the number one impetus to slavery. The speaker is writing a book about this issue called Sweet Disease which should be out by autumn.

This conversation reveals the dark history of the sugar trade, which has been linked to the exploitation of African slaves. It explains how the slave trade led to the displacement of African people onto slave ships and then to cities, where they had no access to organic food. This gave rise to the need to process food with salt and sugar, as these were the only preservatives available at the time. The speaker is horrified that their addiction to sugar is connected to such a dark past and encourages the listener to think about their consumption of meat, which they believe should never have been consumed by humans.

## TIMESTAMPS

0:00:16 Heading: The Resolution to Personal Responsibility: A Summary of the 2015 Truth About Health Conference

0:03:04 Heading: Bridging Cultures and Connecting Humanity Through Technology

0:05:19 Topic: The Dangers of Sugar Addiction

0:07:26 Exploring the History of Slavery and Its Connection to the Sugar Trade

0:09:20 Exploring the History of Sugar and Fat Consumption in the U.S.

0:10:50 Heading: The Dangers of Sugar: A Conversation with Dr. Stephen Cherniske

0:18:09 Heading: The Impact of Sugar on Health and Politics

0:20:02 Topic: The Impact of Sugar Consumption on Human Health

0:23:29 "The Impact of Sugar Consumption on Health and Well-Being"

0:25:11 The Impact of Simple Sugars on Health and Disease

0:34:41 Heading: Understanding the Different Types of Sugars and Their Effects on the Body

0:36:27 The Dangers of Consuming Sugar and Artificial Sweeteners

0:38:28 The Dangers of Aspartame and Sugar Consumption

0:45:58 Discussion on the Impact of Sugar on Cancer and the Benefits of Stevia as an Alternative

0:47:37 "The Benefits of a Living Food Diet for Sugar Addiction"

0:49:27 The Impact of Sugar on Health: A Discussion with Dr. David Jockers

0:55:44 "The Dangers of Consuming Too Much Sugar: A Discussion on Heart Disease Risk"

0:57:20 Analysis of 15-Year Study on Health Outcomes of Nurses and the Impact of Sugar-Sweetened Beverages

0:59:14 "The Impact of Malnutrition on Athletic Performance: A Conversation with Dr. Brian Clement"

1:02:33 "The Role of Fructose in Cancer Metabolism and Antigenesis"

1:04:19 Heading: The Role of Sugar in Cancer Research

1:07:02 "The Link Between Sugar and Cancer: A Summary of Recent Research"

1:13:03 Heading: The Benefits of Pet Scans and the Immune System's Ability to Reverse Cancer

1:15:11 "The Link Between Sugar Consumption and Breast Cancer: A Discussion with Horner MD"

1:16:52 Heading: The Impact of Sugar Consumption on Women's Health and Disease Risk

1:22:10 "The Dangers of Sugar Consumption: A Discussion on the Impact of Sugar on Health and Well-Being"

1:27:52 Heading: Discussion on Healthy Eating Habits for Addicts

1:29:48 Heading: Discussion on Fructose, Coconut Oil, Cashew Nuts, and Tomatoes

1:31:35 "Exploring the Benefits of Coconut Mid Range Triglyceride, Cashews, Tomatoes, and Sugar Consumption for People with Dementia and Dyslexia"

1:34:48 Conversation on Benefits of Soaking Nuts, Seeds, and Grains Before Consumption

1:36:43 Heading: Exploring the Benefits of Soaking and Sprouting Seeds, Nuts, Grains, and Beans

1:38:34 Heading: The Truth About Vitamin C and Erythritol: What You Need to Know

1:41:41 Heading: Benefits of Using Liquid Stevia as a Sugar Substitute

1:42:31 Conversation on Chlorella and Wheatberry Sprouting

1:44:27 Heading: The Benefits of Iodine and Thyroid Regulation

1:46:58 Heading: Discussion on Nutrition Elements and Radioactive Contamination in Europe

1:50:51 "The Benefits of Stevia: A Reflection on its Health Benefits"

1:52:47 Conversation Summary: Relaxation and Transformation of Humanity

## HIGHLIGHTS

So with that said, you need to get a whole food supplement or eat whole foods. Although we create an A plus level of vitamin C, I don't really tell a lot of people to eat it because I'd rather have you eat an organic red pepper every day. Organic yellow pepper, incredibly rich source of vitamin C. Broccoli has a lot of vitamin C in it. Most people don't know this broccoli does. What about a broccoli sprout? I don't even know the numbers, but I know it's significantly more absorbable. So you don't have to eat fruit to get vitamin C. Amylaburi is one of the things that it's extracted. Vitamin C, whole food, vitamin C is extracted from. But we leave behind the sugars in these things.

And it's a noxious level, not enough to kill, but to prevent. That's still on there today. We call them enzyme inhibitors. Now, by the way, some of these enzyme inhibitors now we understand, are phytochemicals, which are probbody, anti disease, et cetera. But you want to soak it first. Now, there's the secondary reason. When you soak and sprout or germinate a seed or nut or grain and bean, you're going to get a minimum of eight times more nutrition across the board.

I know it's a fruit because, again, we have people that come to us from the standard Western diet and a lot of raw fooders, after they do it long enough and get sick and weak and get aging, then they come to us. And I've been told thousands of times over the decades, I couldn't believe the difference between eating a healthy raw food diet just like there's a junk vegan diet or there's a junk raw food diet. Most people that eat raw food diets eat superfoods.

Well, we'll start with coconut oil, then go to cashew and then tomatoes. So coconut oil has a whole lot of support at this point. And what science has shown us, and I completely concur with, there's a mid range triglyceride that's in coconut oil that does help the brain. But to get enough for one person for one day, you'd have to take shockingly high amounts of coconut oil, which would completely reduce oxygen loads in your bloodstream.. So I know that raw fooders love coconut because it's a great dessert and you put agave syrup with it, et cetera, but it's not really a healthy food. It's one that if you said to me, I'm healthy, I don't have a gallbladder problem and don't have a liver problem, and I'm going to take four tablespoons a week, that's not a problem. If you're an athlete and on a bicycle going up mountains, you may be able to take eight, but for the average person, you don't want more than that. If you are fighting a disorder that you have an oxygen problem to begin with, I'd avoid it like the plague.

Many of you saw the contributors speak here and they went into a room and spent an hour sometimes being interviewed. And these young men are trying to put in theaters all around the world to show you what contemplation and thoughts can do to change humanity. And they went and found presidents of countries that contemplate and literally have gone into the jails and part of people in jail, they cleaned up their diets and made them contemplate.. And the amount of people that went back to jail was minuscule just because they got them to be focused and on what's important at that point. But if we're cross circuiting our brain by eating sugar, malnourishing our body and walking around confused, not knowing what we're doing and unfulfilled, no wonder we have delinquency and nutritional deficiency. Proper few two moderate salads a day is enough sugar for a 200 pound person. So don't give me you have to have orange juice for your sugar, like that poor woman today. I had to say no grapes.